

Whole Wheat Banana Bread

I searched a long time for a good whole wheat banana bread recipe. Turns out my favorite version is just to use whole wheat pastry flour in my sister Shu-Ming's regular recipe for banana bread.

1/2 C. vegetable oil or EVOO (make sure olive oil is fresh)
2 eggs
4 to 6 ripe bananas, mashed
3 Tbsp. milk (or buttermilk or thinned yogurt)
 (a very moist combination is 6 medium bananas with 3 T very thick Greek yogurt)
1 tsp. vanilla extract
1 3/4 C. whole wheat pastry flour
3/4 C. sugar
1/2 tsp. salt
1 tsp. baking powder
3/4 tsp. baking soda
1/2 to 1 cup chocolate chips (optional)

Preheat oven to 350°. Spray a Bundt pan with nonstick spray. Mix dry ingredients. Mix in liquid ingredients, and when mixture is almost well mixed, mix in chocolate chips. Pour into Bundt pan. Bake for ~1 hour.

